

May 2026

LIFESTYLE CALENDAR

South Port

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips Every Thursday's				Church Service 27th May Greek Mass				1 10:15am Intergenerational Program 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Music Therapy with Giselle		2 10:00am Morning Tv shows 10:30am Pampering 11:00am Garden walks 2:00pm Table or Floor games 3:30pm Reminiscing Music		3 10:00am Morning Tv shows 10:30am Relaxing Music 11:00am Garden walks 2:00pm Afternoon Movie 3:00pm Footy match of the day	
4		5		6		7		8		9 Moter's Day Concert		10 Mother's Day	
09:30am Physio exercises 10:30am Garden walks 11:00am Pampering 2:00pm Singalongs 3:30pm Greek group	10:00am News & views 10:30am Musical Melodies 11:00am Garden walks 2:00pm Masterchef 3:00pm Bingo	09:30am Physio exercises 10:30am Balloon Therapy 11:00am Memory Lane 2:15pm Puppets Alive 3:30pm Creative Arts	09:30am Musical Melodies 10:30am Intergenerational P 11:00am Pampering 1:30pm Bus Trips 3:30pm Footy Tipping	10:15am Intergenerational P 11:00am Zumba Gld 2:00pm Happy Hour 3:00pm Music Therapy with Giselle	10:00am Morning Tv shows 10:30am Pampering 11:00am Garden walks 2:00pm Table or Floor games 3:00pm Mother's Day Concert	10:00am Morning Tv shows 10:30am Relaxing Music 11:00am Garden walks 2:00pm Mother Movies 3:00pm Footy match of the day							
11		12 Nurse's Day		13		14		15		16		17	
09:30am Physio exercises 10:30am Garden walks 11:00am Pampering 2:00pm Singalongs 3:30pm Greek group	10:00am News & views 10:15am Musical Melodies 11:00am Garden walks 2:00pm Nurse's day 3:00pm Bingo	09:30am Physio exercises 10:30am Balloon Therapy 11:00am Memory Lane 1:30pm Resident Meeting 3:30pm Floor games	10:00am News & views 10:30am Music & Melodies 11:00am Pampering 1:30pm Bus trips 3:30pm Footy Tipping	10:15am Intergenerational Program 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Music Therapy with Giselle	10:00am Morning Tv shows 10:30am Pampering 11:00am Garden walks 2:00pm Table or Floor games 3:30pm Reminiscing Music	10:00am Morning Tv shows 10:30am Relaxing Music 11:00am Garden walks 2:00pm Afternoon Movie 3:00pm Footy match of the day							
18		19		20		21		22		23		24	
09:30am Physio exercises 10:30am Garden walks 11:00am Pampering 2:00pm Singalongs 3:30pm Greek group	10:00am News & views 10:30am Musical Melodies 11:00am Garden Walks 2:00pm Masterchef 3:00pm Bingo	09:30am Physio exercises 10:30am Balloon Therapy 11:00am Memory Lane 2:00pm Card or Board games 3:30pm Creative Arts	09:30am Music & melodies 10:15am Intergenerational P 11:00am Pampering 1:30pm Bus trips 3:30pm Footy Tipping	10:15am Intergenerational Program 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Music Therapy with Giselle	10:00am Morning Tv shows 10:30am Pampering 11:00am Garden walks 2:00pm Table or Floor games 3:30pm Reminiscing Music	10:00am Morning Tv shows 10:30am Relaxing Music 11:00am Garden walks 2:00pm Afternoon Movie 3:00pm Footy match of the day							
25		26		27		28		29		30		31	
09:30am Physio exercise 10:30am Garden walks 11:00am Pampering 2:00pm Singalongs 3:30pm Greek group	10:00am News & views 10:30am Musical Melodies 11:00am Garden walks 2:00pm Masterchef 3:00pm Bingo	09:30am Physio exercises 10:30am Greek Mass 11:00am Memory Lane 2:00pm Card or board games 3:30pm Floor games	10:00am News & views 10:30am Musical Melodies 11:00am Pampering 1:30pm Bus Trips 3:30pm Footy Tipping	10:15am Intergenerational Program 11:00am Zumba Gold 2:00pm Happy Hour 3:00pm Music Therapy with Giselle	10:00am Morning Tv shows 10:30am Pampering 11:00am Garden walks 2:00pm Table or Floor games 3:30pm Reminiscing Music	10:00am Morning Tv shows 10:30am Relaxing Music 11:00am Garden walks 2:00pm Afternoon Movie 3:00pm Footy match of the day							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	